

## May 2022 STLRC Newsletter

I hope everyone has been able to enjoy some of our recent rides.

**Potluck/Ride:** **WEAR YOUR STLRC JERSEY!** Most of you have noticed on our calendar that we will be having a ride/potluck on Thursday, June 2, 2022. Bring a dish to share! There will be three routes, two of which start at Kirkwood Park and one (the shortest route) starting at the Holmes Parking lot on Grants Trail. We will all start at 9:00 am and will have our potluck at approximately 12:30. Check our June 2, 2022 calendar posting for current information.

**Policies:** The policies have recently been updated and approved by the Directors of STLRC. Many of the changes involved including our hiking program. Take a look at them on our STLRC website. Thanks especially to Patti Brumleve and Janis Thompson for reviewing and developing our policies

**New Leaders:** Thanks to our newest ride leaders, Jerry Whittle and Patti Brumleve. We are asking that everyone consider leading one ride a year to help out the leaders that lead most of our rides. There are many of us who can help you in any way needed, including posting an event for you.

**WordPress:** **We're always looking for new event leaders.** If you would like to learn how to post your own events, we would be glad to teach you. It is so much easier to teach you now that we can do this in person. If interested in learning, contact us at [admin@stlrc.org](mailto:admin@stlrc.org) to set up a mini lesson.

**Biking Statistics:** There were 73 bike rides scheduled since January 1<sup>st</sup> with 60 actually being recorded. There have been 439 participants with an average of 7 members per ride. 48 rides have been from 41-59 miles with 12 in the 20-40 miles category. STLRC membership is 179 at the present time and 104 members haven't had the opportunity to participate in a ride so far.

**Hiking Statistics** will be in the next newsletter.

**Apparel:** We did not have enough interest in ordering more STLRC jerseys and t-shirts. Janis Thompson is keeping a list of interested members and when quotas are met, we can put in orders. If you haven't contacted her and are interested in purchasing apparel, contact her at [janthompson617@gmail.com](mailto:janthompson617@gmail.com).

**Year-Round Hikes and Rides:** We generally hike November through March. However, some members have expressed an interest in hiking year-round. If you would like to hike, pick a location and we will help you to lead and post a hike. About 15 cyclists ride throughout the winter also. Check our calendar frequently.

Contact [hikes@stlrc.org](mailto:hikes@stlrc.org) and [rides@stlrc.org](mailto:rides@stlrc.org) for more information and assistance.

**E-bikes:** As E-bikes are becoming more popular, we would like to keep track of how many of our members are now using E-bikes on our rides. If you are one of us, please send an email to [fholdenried@hotmail.com](mailto:fholdenried@hotmail.com) telling us that you are using an eBike.

**Courtesy Reminder:** Please announce yourself when passing other cyclists and walkers. When you encounter cyclists, walkers and cars, please keep to the right in single file. Signal "car up" or "car back" when appropriate. Obey traffic signals and signs. Avoid confrontations with motorists. Alert fellow riders to road hazards.

**Equipment:** Remember to bring a spare tube and pump with you on your ride. Even if you use tubeless tires, you may encounter a need to use a tube if adding sealant does not correct your flat. Sometimes it can take waiting overnight until the sealant works. Did you know that sealants should be replaced periodically? Check with your bike store for more information about using and repairing tubeless tires.

## 2022 Xenia Ohio Bicycle Trip

Arrive Sunday, August 28, 2022 and Check Out Thursday, September 1, 2022

We are bringing back this popular bike trip that STLRC has sponsored for many years. In 2020, 46 members signed up for this trip, but it had to be canceled because of COVID. The area has numerous rails to trails (flat) and country roads (rolling hills) for your enjoyment—all ability levels. Good cycling, eating, hiking, golfing and sightseeing. **IF you decide to go on our trip, please contact Faye Holdenried [fholdenried@hotmail.com](mailto:fholdenried@hotmail.com) or 636-399-4604** so we know you are joining us. Tell us who you are rooming with if this applies. If you are looking for a roommate, let us know and we may be able to connect you with another member who also needs a roommate or maybe just wants to share transportation. Pertinent info will soon be placed on the website calendar on the August 28 postings. (sightseeing/restaurants) All riders must be STLRC members. If you want to attend our trip and are not yet a member, you must join STLRC by completing a membership form that can be found on the STLRC website in the Membership section and paying the \$20 dues.

Check in-- Sunday August 28, 2022 at 3:00 pm

I suggest that you consider leaving St. Louis early (it's an approx. 6-hour drive) and take a short trail ride when you arrive before dinner. I usually do a short ride before returning home on Thursday. We will meet the night before our rides to group up with people who wish to do similar routes. On Wednesday evening, we traditionally drive to a historic hotel for a group dinner. If the hotel cooperates with us, we often have a happy hour on Wednesday evening. TBD

**Reservations: Members make their own reservations!!!** As of 5/14/2022, a room for two with two queen sized beds was going for \$600 for the 4 night stay so with a roommate each person's lodging will be \$300 which includes taxes. This can change daily. This rate has a refundable cancellation policy. You can also mention, a senior rate, AARP rate and AAA rate. The hotel has rooms with two queen size beds as well as one king size bed. They also have suites for a higher rate. This is a **NEW AND IMPROVED HOTEL FROM OUR PREVIOUS YEARS**. There is a two-mile bike trip to the main hub or you can drive to the start of your daily ride if you prefer.

Make your reservations **ASAP** as this hotel is popular and is a smaller hotel. (Some of our members have visited this hotel on previous trips and have recommended it to us.

**Hampton Inn and Suites Xenia Dayton**, 194 Progress Dr. Xenia, Ohio 45385 Call 1-937-347-1029

(Free hot breakfast, indoor pool, free WIFI, non-smoking rooms, fitness center)

For more information contact Faye Holdenried at [fholdenried@hotmail.com](mailto:fholdenried@hotmail.com) or 636-399-4604.

We hope you have a successful bicycling season. See you at the ride/potluck on June 2nd!! Don't forget your dish to share.

Sincerely,

Faye Holdenried

STLRC President